

Run Routes, March - May 2024

We are running **Winter Routes** ([Details here](#)) throughout March. We start Summer Routes in April (Details [here](#))

Date	Distance/Group	Route	Direction
05/03/2024	loops	See Tony Baker	
	4 mile	Winter 4	Forward
	6 mile	Industrial 6	Reverse
	5k Training Group	check the App	
	Race Training Group	See Toby Oury or Dan Day to be added to messaging group	
12/03/2024	loops	See Tony Baker	
	4 mile	Industrial 4	Forward
	6 mile	Shire Oak 6	Reverse
	5k Training Group	check the App	
	Race Training Group	See Toby Oury or Dan Day to be added to messaging group	
19/03/2024	loops	See Tony Baker	
	4 mile	Laburnum Rd	Forward
	6 mile	Chester Rd 6	Reverse
	5k Training Group	check the App	
	Race Training Group	See Toby Oury or Dan Day to be added to messaging group	
26/03/2024	loops	See Tony Baker	
	4 mile	Greenwood	Forward
	6 mile	Mellish 6.5	Reverse
	5k Training Group	check the App	
	Race Training Group	See Toby Oury or Dan Day to be added to messaging group	
END OF WINTER ROUTES			
PTO for April/May			

Date	Distance/Group	Route	Direction
SUMMER ROUTES BEGIN (Details here)			
02/04/2024	loops	See Tony Baker	
	4 mile	Canal 4	Forward
	6 mile	Forge Lane	Forward
	5k Training Group	check the App	
	Race Training Group	See Toby Oury or Dan Day to be added to messaging group	
9/04/2024	loops	See Tony Baker	
	4 mile	Mill Lane	Forward
	6 mile	Canal 6	Forward
	5k Training Group	check the App	
	Race Training Group	See Toby Oury or Dan Day to be added to messaging group	
16/04/2024	Ron Reynolds Run 1 – no other official runs		
23/04/2024	loops	See Tony Baker	
	3 mile	Dumblederry	Forward
	5 mile	Daw End 5	Forward
	6 mile	Little Aston Golf Course	Forward
	5k Training Group	check the App	
Race Training Group	See Toby Oury or Dan Day to be added to messaging group		
30/04/2024	loops	See Tony Baker	
	4 mile	Chester Road 4	Forward
	6 mile	Over the Beacon 6	Forward
	5k Training Group	check the App	
	Race Training Group	See Toby Oury or Dan Day to be added to messaging group	
07/05/2024	loops	See Tony Baker	
	4 mile	Canal 4	Reverse
	6 mile	Forge Lane	Reverse
	5k Training Group	check the App	
	Race Training Group	See Toby Oury or Dan Day to be added to messaging group	
14/05/2024	Ron Reynolds Run 2 – no other official runs		
21/05/2024	loops	See Tony Baker	
	4 mile	Mill Lane	Reverse
	6 mile	Canal 6	Reverse
	5k Training Group	check the App	
	Race Training Group	See Toby Oury or Dan Day to be added to messaging group	
23/04/2024	loops	See Tony Baker	
	3 mile	Dumblederry	Reverse
	5 mile	Daw End 5	Reverse
	5k Training Group	check the App	
	Race Training Group	See Toby Oury or Dan Day to be added to messaging group	